

# NOVEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<b>2 Exercise, Fitness &amp; Fun</b> 9:00am-9:45am- Room 110 <b>Blood Pressure Screening</b> 8:30am-10:30am-Room 120 <b>Aquatics Exercise - Pool</b> 1:00 -1:45pm , 2:00 - 2:45pm <b>Salsa Caliente Class</b> 1:45pm –3:15pm Exercise Room-110	<b>3 Arthritis Exercise class</b> 9:00-9:45am-Rm110 <b>Exercise Fitness &amp; Fun</b> 10:00-10:45am, Rm 110 <b>Aquatics Exercise-Pool</b> 1:00-1:45pm, 2:00-2:45pm <b>Arthritis Exercise- Rm 110</b> 1:00-1:45pm, 2:00-2:45pm	<b>4 Glucose/Cholesterol Screening</b> 8:30-10:30am-Room 120 <b>Exercise, Fitness &amp; Fun</b> 9:00 -9:45am Room 110 <b>Aquatics Exercise – Pool</b> 1:00-1:45pm, 2:00-2:45pm <b>Salsa Caliente Class</b> 1:45 – 3:15pm-Room 110	<b>5 BMI Screening</b> 8:30am-10:30am-Room 120 <b>Blood Pressure Class</b> 10:30-11:30am-Room 114 <b>Aquatics Exercise-Pool</b> 1:00pm-1:45pm, 2:00-2:45pm <b>Arthritis Foundation Exercise-Exercise Room</b> 1:00pm-1:45pm, 2:00-2:45pm	<b>6 Exercise, Fitness &amp; Fun</b> 9:00am-9:45am Exercise Room-110	7
8	<b>9 Exercise, Fitness &amp; Fun</b> 9:00am-9:45am- Room 110 <b>Medication Card Class</b> 10:00-11:00am-Room 114 <b>Aquatics Exercise - Pool</b> 1:00 -1:45pm , 2:00 - 2:45pm <b>Salsa Caliente Class</b> 1:45pm –3:15pm Exercise Room-110	<b>10 Arthritis Exercise class</b> 9:00-9:45am-Rm110 <b>Exercise Fitness &amp; Fun</b> 10:00-10:45am, Rm 110 <b>Aquatics Exercise-Pool</b> 1:00-1:45pm, 2:00-2:45pm <b>Arthritis Exercise- Rm 110</b> 1:00pm-1:45pm,2:00-2:45pm	11 <b>HOLIDAY</b>	<b>12 BMI Screening</b> 8:30-10:30am-Room 120 <b>ASK A DOCTOR-CLASS</b> 12:30pm -1:30pm – Room 114 <b>Aquatics Exercise-Pool</b> 1:00pm-1:45pm, 2:00-2:45pm <b>Arthritis Foundation Exercise-Exercise Room</b> 1:00pm-1:45pm, 2:00pm -2:45 pm	<b>13 Exercise, Fitness &amp; Fun</b> 9:00am-9:45am Exercise Room-110 <b>Aquatics Exercise-Pool</b> 9:00-9:45am, 10:00-10:45am <b>Healthy Plate Class</b> 10:30am-11:30am Room 114	14
15	<b>16 Exercise, Fitness &amp; Fun</b> 9:00am-9:45am- Room 110 <b>Blood Pressure Screening</b> 8:30am-10:30am-Room 120 <b>Aquatics Exercise - Pool</b> 1:00 -1:45pm , 2:00 - 2:45pm <b>Salsa Caliente Class</b> 1:45pm –3:15pm Exercise Room-110	<b>17 Arthritis Exercise class</b> 9:00-9:45am-Rm110 <b>Exercise Fitness &amp; Fun</b> 10:00-10:45am, Rm 110 <b>Aquatics Exercise-Pool</b> 1:00-1:45pm, 2:00-2:45pm <b>Arthritis Exercise- Rm 110</b> 1:00-1:45pm,2:00-2:45pm	<b>18 Glucose/Cholesterol Screening</b> 8:30-10:30am-Room 120 <b>Exercise, Fitness &amp; Fun</b> 9:00 -9:45am Room 110 <b>Aquatics Exercise – Pool</b> 1:00-1:45pm, 2:00-2:45pm <b>Salsa Caliente Class</b> 1:45 – 3:15pm-Room 110	<b>19 BMI Screening</b> 8:30-10:30am-Room 120 <b>Osteoporosis class</b> 10:30am-11:30am-Room 114 <b>Aquatics Exercise-Pool</b> 1:00pm-1:45pm, 2:00-2:45pm <b>Arthritis Foundation Exercise-Exercise Room</b> 1:00pm-1:45pm, 2:00pm -2:45 pm	<b>20 Exercise, Fitness &amp; Fun</b> 9:00am-9:45am Exercise Room-110 <b>Aquatics Exercise-Pool</b> 9:00-9:45am, 10:00-10:45am	21
22	<b>23 Exercise, Fitness &amp; Fun</b> 9:00am-9:45am- Room 110 <b>Blood Pressure Screening</b> 8:30am-10:30am-Room 120 <b>Aquatics Exercise - Pool</b> 1:00 -1:45pm , 2:00 - 2:45pm <b>Salsa Caliente Class</b> 1:45pm –3:15pm Exercise Room-110	<b>24 Arthritis Exercise class</b> 9:00-9:45am-Rm110 <b>Exercise Fitness &amp; Fun</b> 10:00-10:45am, Rm 110 <b>Aquatics Exercise-Pool</b> 1:00-1:45pm, 2:00-2:45pm <b>Arthritis Exercise- Rm 110</b> 1:00-1:45pm,2:00-2:45pm	<b>25 Glucose/Cholesterol Screening</b> 8:30-10:30am-Room 120 <b>Exercise, Fitness &amp; Fun</b> 9:00 -9:45am Room 110 <b>Aquatics Exercise – Pool</b> 1:00-1:45pm, 2:00-2:45pm <b>Salsa Caliente Class</b> 1:45 – 3:15pm-Room 110	26 <b>HOLIDAY</b>	27 <b>HOLIDAY</b>	28
29	<b>30 Exercise, Fitness &amp; Fun</b> 9:00am-9:45am- Room 110 <b>Blood Pressure Screening</b> 8:30am-10:30am-Room 120 <b>Aquatics Exercise - Pool</b> 1:00 -1:45pm , 2:00 - 2:45pm <b>Salsa Caliente Class</b> 1:45pm –3:15pm Exercise Room-110		<b>Walking 101</b> <b>UT Track</b> <b>8:30 am-9:30am</b> <b>Every Tuesday &amp; Thursday</b>	<b>ASK A PHARMACIST CLASS</b> <b>9:00am-10:00am-</b> <b>Room 114</b> <b>Every 3<sup>rd</sup> Tuesday of the month</b>		